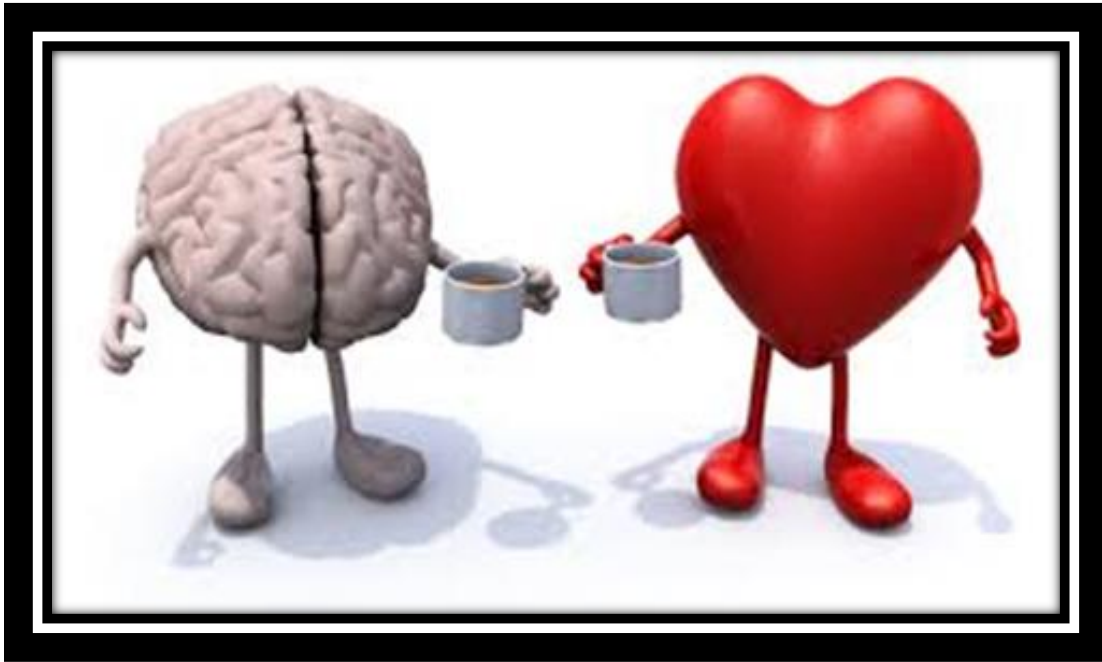


## FREE EAP WEBINAR



### **EMOTIONAL INTELLIGENCE AT WORK**

Being able to cope with our own emotions and those of others is key to being successful in the workplace. Understanding and identifying the elements of Emotional Intelligence (EI) will be the primary focus of this workshop while we build skills to enhance workplace interactions. Available to SoNM employees at no cost.

#### **Webinar Information:**

**Live Date/Time:** March 3, 2016, 1:30 – 2:30

**Availability:** Instructor-led or On demand

(webinars will be available on demand from website after live taping)

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